

October 2019

# Carver Council on Aging

## What's Inside for October

### Retirement Brunch

Wednesday, October 9th  
at 10:00 am.

Please join us for a very special brunch as we wish our long time Site Manager and Cook Dawn Padovani the best retirement ever! Dawn has worked at the COA for over six years and we will sorely miss her cheerful presence, her incredible work ethic, and (probably most of all) her fantastic cooking! Over the years Dawn has prepared countless lunches and Meals on Wheels, incredibly delicious Thanksgiving dinners and St. Patrick's Day feasts, handled any kitchen and facility challenge with skill and determination, and she has done it all with a beautiful smile on her face. We want to send her off to Florida with the memory of a wonderful gathering in her honor and we can't do that without you so please join us in this celebration of retirement for Dawn Padovani!



### Beaded Spider Web Craft

Tuesday, October 8th  
at 10:00 am.

Spin a web of colorful beads to create a festive Halloween suncatcher.  
Register at **508-866-4698 x3**.



### GATRA Bus Trip to the Fuller Craft Museum & Stoneforge Grill

Friday, October 18th from 9:30 am - 3:00 pm.  
Cost: \$15 (\$5/transportation & \$10/admission).  
Space is limited. Call 508-866-4698 x3.

### Travel Presentation on Switzerland

presented by Linda Felix of North River Home Care  
Tuesday, October 22nd at 10:00 am.

### Left, Center, Right - Halloween Candy

Come play this fun, fast-paced game of chance!  
Tuesday, October 29th at 12:00 pm.

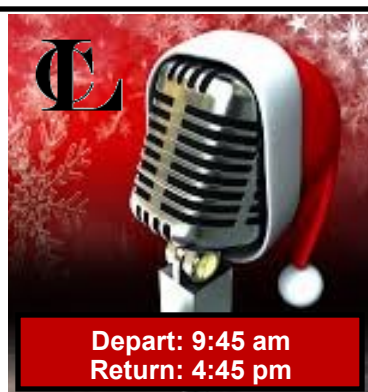


Carver COA and BLOOM Bus Tours present  
**"A Holiday Celebration!" with CABARET LULU**  
**Wednesday, December 4th - \$60/person at Sturbridge Host**

Join us as we travel to Old Sturbridge Village  
for Cabaret Theater at its finest - all in the spirit of the holidays,  
plus, a delicious lunch\*!

*\*Lunch choice: New England Pot Roast or Herb Crusted Haddock in Lemon Butter  
(served with Soup/Salad, Potato, Seasonal Vegetable, Dessert & Coffee/Tea)*

Call Connie at 508-866-4698 x3 to reserve your spot.  
Full payment due by Thursday, 11/14/19



Depart: 9:45 am  
Return: 4:45 pm

#### COUNCIL ON AGING

Monday - Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

#### COA DIRECTOR

Carole Julius  
Monday-Thursday  
9 AM-12 PM  
**508-866-4698**  
cjulius@sailsinc.org

#### BOARD OF DIRECTORS

Colleen Preston-Chair  
Donna Marie Forand-Vice Chair  
Helen Marrone-Secretary  
Alan Germaine  
Betty Sullivan

#### FRIENDS OF THE CARVER COA

Ron Clarke  
Vice President  
Madeline Joyce  
Secretary/Treasurer

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

*Please consider other passengers and limit the number of shopping bags on shopping trips*

## SCHEDULE

**MONDAYS 9AM—2PM** "Around Town" errands

**TUESDAYS & THURSDAYS** Medical Appointments

**WEDNESDAYS** Supermarkets

**WALMART** Plymouth/Wareham - **1st & 3rd**

**AM**

**\*STOP 'N' SHOP** Plymouth - **2nd & 4th AM**

**MARKET BASKET** Plymouth - **Every PM**

*\*4th Wednesday morning destination subject to change.*

**FRIDAYS SHAW'S** Carver - **AM**

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

## Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

## LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

## COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406. Mark will be available at the COA every 4th Tuesday at 10:00 am in the Nutrition Center.

## LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

## FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

## SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** for Town Hall Office Hours or to schedule an appointment.

## WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM – 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution.

For online AA meetings and 24 hr. chat support:

**www.aa-intergroup.org**. For more information: **www.aa.org**.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

**WELCOME WEDNESDAYS** (first Wednesday of each month)

## GATRA MINI-BUS

**Peggy Wood**

*Dispatcher*

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

**Judy Murphy**

*Outreach Worker*

Mon., Tues. & Fri.

9 AM - 2 PM

**508-866-4698 x 2**

## ACTIVITIES

**Connie Kelly**

*Activities Coordinator*

Tues., Wed. & Thurs.

9 AM - 3 PM

**508-866-4698 x 3**

[ckelly@sailsinc.org](mailto:ckelly@sailsinc.org)

## NUTRITION CENTER

**Dawn Padovani**

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45

## WEEKLY ACTIVITIES

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Call to register at **508-866-4698 x3**.

### BACKGAMMON

Fridays at 10:00 AM  
Experienced and novice players are welcome.

### BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

### NEW INSTRUCTOR! CHAIR YOGA

with Mary Wilson, Owner of Wild Divinity Yoga Studio. **NEW TIME!**

**Mondays - 9 AM. \$5/class.** Call to register at **508-866-4698 x3**.

**CRIBBAGE** Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3**.

### RUMMIKUB / SKIP BO

Wed.- 12 PM  
New and experienced players for either or both games are welcome.

*Drop in.*

**Players needed for Mexican Train Dominoes! Call Connie if interested!**

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any of your questions or concerns and will also collect any expired or unused prescription drugs.

**SINGO** with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

**FOOT CARE CLINIC** 20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for **\$29**. Call for an appointment at **508-866-4698 x3**.

**BASKET WEAVING** with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM.

\$25/2 week

## WHAT'S HAPPENING THIS MONTH

nie at 508-

project. Reg-  
ister at **508-866-4698 x3**.

if you plan to attend.

### SING-ALONG SINGO

Monday, October 7th at 12:00 pm

Come play for FREE and sing along to your favorite songs and maybe win a prize!

### BEADED SPIDER WEB CRAFT

Tuesday, October 8th at 10:00 am.

Please register with Connie at **508-866-4698 x3**.

### RETIREMENT BRUNCH

Wednesday, October 9th, 10:00 am.

*Come celebrate the well-earned retirement of COA Chef and Site Manager Dawn Padovani.*

### OLD COLONY ELDER SERVICES PRESENTATION

Wednesday, October 16th, 10:00 am .

*Learn about the in-home and community-based services available for older adults living with disabilities from the largest provider of these services. Call Connie at **508-866-4698 x3** if you plan to attend.*

### GATRA BUS TRIP TO THE FULLER CRAFT MUSEUM & STONEFORGE GRILL

Friday, October 18th, from 9:30-3:00.

**Cost: \$15** (\$5/transportation & \$10/admission). Explore the vast and varied collections of contemporary art and crafts as well as an outdoor walking trail with a sculpture garden. Call Connie at **508-866-4698 x3** to register. Space is limited.

### TRAVEL PRESENTATION ON SWITZERLAND

presented by  
Linda Felix of  
North River  
Home Care

Tuesday,

October 22nd.

10:00 am.

Join Linda as she shows us the sights of the beautiful city of Luzerne, the Swiss Alps and much more! Call Con-



### SNAP BENEFIT PRESENTATION

Wednesday, October 23rd.

10:00 am

Learn about all the features and benefits of the Supplemental Nutrition Assistance Program and find out if you qualify for SNAP benefits with the ipad kiosk now installed at the COA! Call Connie at **508-866-4698 x3** if you plan to attend.

### LEFT, CENTER, RIGHT - HALLOWEEN CANDY EDITION

Tuesday, October 29th at 12:00 pm

Call Connie at **508-866-4698 x3** if you plan to play.

### MINI PUMPKIN PICTURE CRAFT

Wednesday,

October 30th.

10:00 am

*Come make this 3-D mini framed paper craft.*

Call **508-866-4698 x3** to register.



### Calling all Knitters and Crocheters!

Lap blankets are needed for "Santa is for Seniors" to distribute to local nursing homes at the holidays. Free patterns, yarn and needles are available at the COA. Call **508 866-4698 x3** for more information.

### MARK YOUR CALENDARS!

**THE FRIENDS OF THE COA CRAFT**

**October 15th - December 7th**

**DECEMBER 7TH**

During Medicare Open Enrollment, you can adjust your plan for next year.

Call the SHINE counselor for an appointment today!

*Bring your new Medicare card with you.*

### FOOD PANTRY

**Shane Gives Thanks** - 128 Main St.

Tues./Thurs/Fri. - 9am-1:30 pm

Sun. - 9am-11 am

Mon./Wed./Sat. - Closed

Home Delivery to homebound residents.

**508-866-7673**

### MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.

Monday - Friday

**Daily Cost: \$3.00**

Call the Nutrition Center at

**508-866-4698 x 4**

### SHINE PROGRAM

**Health Insurance Counseling**

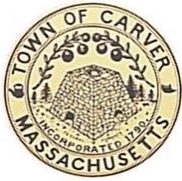
**Maureen Drilling**

Most Tuesdays 9 - 12

Call for an appointment

**508-866-4698 x4**










CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

 <b>2019 OCTOBER</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 NEW Chair Yoga Classes with Mary Wilson 9:00 am Mondays!	1 Visiting Nurse 10:00-11:30 Glucose Cholesterol Baskets 9:30 Oil Painting 1:00	2 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	3 Footcare Appts. BINGO 12:30	4 Baskets 9:30 Backgammon 10:00	5
6	7 Chair Yoga 9:00  12:00 noon	8 Visiting Nurse Coffee with the Chief 10:30 Beaded Spider Web 10:00 Oil Painting 1:00	9 Retirement Brunch 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	10 Atty. Hale Appts. BINGO 12:30	11 Backgammon 10:00	12
13	14  COLUMBUS DAY	15 Visiting Nurse 10:00-11:30 Baskets 9:30 Oil Painting 1:00	16 OCES Presentation 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	17 BINGO 12:30	18 Baskets 9:30 Gatra Bus Trip to Fuller Craft Museum 9:30-3:00 Backgammon 10:00	19
20	21 Chair Yoga 9:00	22 Visiting Nurse 10:00-11:30 Mark Pineo 10:00 Switzerland Presentation 10:00 Oil Painting 1:00	23 SNAP Presentation 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	24 BINGO 12:30	25 Backgammon 10:00	26
27	28 Chair Yoga 9:00	29 LCR Halloween Candy 12:00	30 Mini Pumpkin Picture 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	31  BINGO 12:30	1 	2